

無

青

拳

Yanqing Boxing

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Written by Geng Jun



originated from ancient time and has a
styles.

ed from the Shaolin Temple of
e of the famous styles in the Chinese
ple has more than 1500 years of
ent in the 19th year of North Wei
e of Shaolin Wushu is created solely
at completed gradually by Buddhist
ple from generation to generation
course according to the requirements
ord of Shaolin Temple, many Shaolin
y got a mastery of Wushu before they
ney came to Shaolin for tonsure to be
any reasons such as admiring for the
ee of life or seeing through the vanity

of life. The Shaolin Temple always promotes Wushu and
frequently appoints Wushu Buddhist monks to go down the
mountain to roam around for searching masters and learning
Wushu from them. It also invites Wushu experts to come to the
temple, such as Buddhist monk Fujin of Song Dynasty, it once
invited Wushu famous experts of 18 schools to come to the
temple to make skill interchange, which promoted the develop-
ment of Shaolin Wushu and made it absorb advantages of all
other schools.

The author learned from many famous experts such as
Suxi, Suifa and Li Zhanyuan of Mantis Boxing, he studied
Chinese boxing eagerly in Shaolin Temple, and got lots of
awards both at home and abroad, he also set up the Mengzhou
Shaolin Wushu Institute, which is one of the most famous
Wushu institutes around China. He makes demonstration and

teaching in the 36 volumes teaching W
Wushu, which have been published
Visual publishing house.

There are more than 30 traditi
practical techniques in this series of t
content of Shaolin Wushu, and part
things learned by the author, it is wor
books adopt Chinese and English ve
have no language barrier, and make
Wushu going to the world, which is d
ing thing.

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▲ 少林弟子孔令福的少林拳
Shaolin boxing of Shaolin student, Kong Lingfu.



▲ 武术杂志上的耿军
Geng Jun on the Cover of Wushu Magazine



▲作者传艺国际黑带功夫总会
The Author is teaching his Wushu skill in International Black Belt Kungfu Federation



▲作者已出版的教学光盘
The Author's Teaching VCDs which have been published.



▲ 作者与恩师素法大师
The Author and his Teacher Grandmaster Sufa



▲ 作者指导女儿耿瑞涛练功
The Author is coaching his daughter to practise her skill

基本步型与基本手型

Basic stances and Basic hand forms



图 1



图 2



图 3



图 4



图 5



图 6



图 7



图 8



图 9



图 10



图 11



图 12



图 13



图 14



图 15



图 16



图 17



图 18



图 19



图 20



图 21



图 1

燕青拳套路动作图解

Action Illustration of Routine Yanqing Boxing

第一段 Section One

1. 预备势 Preparatory posture

(1) 两脚自然站立；两手自然下垂，成立正势；目视前方。(图 1)

(1) Stand naturally with feet together; the hands drop naturally, stand at attention. Eyes look forward. (Figure 1)



图 2

(2) 上动不停。开左步，与肩同宽；两掌变拳，与肩同宽，双拳抱于腰际；目视左方。(图2)

要点：挺胸塌腰，头正颈直。抱拳、开步同时进行，迅速利落。

(2) Keep the above action, the left foot steps apart from the right one, at shoulder-width. Change the two palms in to fists at shoulder-width, hold the two fists on the waist. Eyes look leftward. (Figure 2)

Key points: lift the chest and bow downward, with head being correctitude and neck straight, holding fists on hips and put the feet apart shall be done simultaneously, quickly and without further ado.



图 3

2. 虚步亮掌 Flash palm in empty stance

(1) 接上势。后撤右步，成左弓步；右手自腰间向后、向前绕环；左拳仍抱于腰际；目视右掌。(图 3)

(1) Follow the above posture, draw back the right foot into left bow stance, swing the right hand backward and forward from the chest and the waist, still hold the left fist on the waist. Eyes look at the right palm. (Figure 3)



图 4

(2) 上动不停。左手经右臂向前穿出；右手屈肘回收于左胸前；左弓步不变。(图 4)

(2) Keep the above action, thread the left hand forward through the right arm, bend the right elbow to draw back the right hand to the front of the left chest, keep in bow stance. (Figure 4)



图 5

(3) 上动不停。收左脚扣腿；右掌向右、向后甩摆；左掌向上摆架；目视右掌。(图5)

(3) Keep the above action, draw back the left foot to press behind right knee, and swing the right palm rightward and backward. Swing and parry the left palm upward. Eyes look at the right palm. (Figure 5)



图 6

(4) 上动不停。左脚落地成虚步；左手变钩手向后勾搂；右手向头右上方摆架，掌心向上，掌指向左；目视左方。(图6)

要点：各动作力求轻灵流畅，连贯协调。

(4) Keep the above action, the left foot falls to the ground into empty stance, change the left hand into hook hand and grab it backward, swing and parry the right hand and place it above the right part of the head, keep the palm upward and the fingers leftward. Eyes look leftward. (Figure 6)

Key points: every action shall be agile and fluent, coherent and harmony.



图 7

3. 迎面脚 Head-on foot

(1) 接上势。左脚向前上步，重心前移，身体上提，上体动作不变；目视前方。(图 7)

(1) Follow the above posture, the left foot steps forward, move the barycenter forward and raise the body. Keep the action of the upper body. Eyes look forward. (Figure 7)



图 8

(2) 上动不停。右脚向前上方踢腿，上体姿势仍不变；目视右脚尖。(图 8)

(2) Keep the above action, kick the right leg upward ahead. Still keep the action of the upper body. Eyes look at the right tiptoe. (Figure 8)



图 9

(3) 上动不停。落右脚成马步；左臂姿势不变；右掌置于胸前，掌心向上，掌指向左；目视右方。(图9)

要点：踢腿要短促有力，快速收回。

(3) Keep the above action, the right foot falls into horse stance, keep the posture of the left arm, and place the right palm in the front of the chest. Keep the palm upward and the fingers leftward. Eyes look rightward. (Figure 9).

Key points: Kicking shall be transient and forceful, draw the leg back quickly.



图 10

4. 弓步推掌 Push palm in bow stance

接上势。身体右转 90°成右弓步；右掌向前推出，掌心向前，掌指向上；目视前方。（图 10）

要点：转身与推掌要连贯协调，动作快速有力。

Follow the above posture, turn the body 90° to the right. Push the palm forward with the fingers up. Eyes look forward. (Figure 10)

Key points: turning the body and pushing the palm shall be coherent and consistent; the action shall be quick and forceful.



图 11

5. 虚步抄拳

Uppercut with fist in empty stance

接上势。上右脚成左虚步；同时，左手变拳，屈臂向前上抄出；右手附于左前臂上；目视左拳。（图 11）

Follow the above posture, the right foot steps forward into left empty stance. At the same time, change the left hand into fist, bend the arm to uppercut with the fist, keep the right hand close to the left forearm. Eyes look at the left fist. (Figure 11)



图 12

6. 马步劈砸

Hack and pound in horse stance

(1) 接上势。左脚上一步，脚尖外摆，身体上提；同时，左手从胸前向上、向左翻掌绕环；目视左前方。（图 12）

(1) Follow the above posture, the left foot takes a step forward with toes turned outward, raise the body. At the same time, swing the left hand from the front of the chest while turning over the left palm upward and leftward. Eyes look leftward ahead. (Figure 12)



图 13

(2) 上动不停。上右脚，左转体 90° 成马步；右手变拳绕环下砸；左手附于右前臂内侧；目视右拳。(图 13)

要点：劈砸要腰肩发力，劲力迅猛。

(2) Keep the above action, the right foot steps forward, turn the body 90° to the left into horse stance. Change the right hand into fist and swing it downward for pounding. Keep the left hand close to the inner side of the right forearm. Eyes look at the right fist. (Figure 13)

Key points: when hacking and pounding, twist the waist and snap the shoulder to send strength that shall be swift.



图 14

7. 翻身弓步双推掌

Turn over, push palms in bow stance

(1) 接上势。双脚蹬地起跳；双手随起跳自左向右摆动。(图 14)

(1) Follow the above posture, the feet jump up from the ground, swinging the hands left to right. (Figure 14)



图 15

(2) 上动不停。右脚落地，同时左转体 180° ；
双手继续抡臂。(图 15)

(2) Keep the above action, the right foot lands to the ground, at the same time, turn the body 180° to the left, continuously swinging the arms. (Figure 15)



图 16

(3) 上动不停。左脚落地成马步；双手抡臂收于两腰际；目视前方。(图 16)

(3) Keep the above action, the left foot lands to the ground into horse stance, draw the two hands back on the waist. Eyes look forward. (Figure 16)



图 17

(4) 上动不停。重心移于左脚成左弓步；同时，双掌向前推出，掌心向前，掌指向上；目视前方。(图 17)

要点：推掌转体要与拧腰发力协调一致。

(4) Keep the above action, move the barycenter to the left foot into right bow stance. At the same time, push the two palms forward, keep the palm forward and the fingers upward. Eyes look forward. (Figure 17)

Key points: Pushing palms with body turn shall be consistent with twisting waist to apply force.



图 18

8. 弹腿横推掌

Snap kick and push transverse palm

(1) 接上势。左掌收于胸前，右手外抓变拳；弓步不变；目视右拳。(图 18)

(1) Follow the above posture, draw back the left palm to the front of the chest, clench the right hand into fist. Keep in bow stance. Eyes look at the right fist. (Figure 18)



图 19

(2) 上动不停。右拳收回腰间；同时，重心移于左腿，右腿向正前上方弹踢；横推左掌，掌心向外，掌指向右；目视左掌。(图 19)

要点：踢腿与推掌要协调一致，同步完成。

(2) Keep the above action, draw back the right fist on the waist. At the same time, shift the barycenter to the left leg, the right leg kicks frontal upward ahead. Horizontally push the left palm with the palm outward and the fingers rightward. Eyes look at the left palm. (Figure 19)

Key points: kicking and pushing the palm shall be harmony and consistent, done simultaneously.



图 20

9. 倒步劈拳 Step back and hack with fist

(1) 接上势。落右脚，跳提左脚；同时，右拳上提至头部右侧，左手抡至左前下方；目视左前下方。(图 20)

(1) Follow the above posture, the right foot lands to the ground, jump up to lift the left foot. At the same time, raise the right fist to the right side of the head, swing the left hand left downward ahead. Eyes look left downward ahead. (Figure 20)



图 21

(2) 上动不停。左脚在身后落步成左弓步；同时，右拳下砸；左手附于右前臂内侧。(图 21)

要点：下砸要顺肩发力，干脆利落。

(2) Keep the above action, the left foot lands behind the body into left bow stance. At the same time, pound the right fist downward and keep the left hand close to the inner side of the right forearm. (Figure 21)

Key points: when pounding downward, send the shoulders to apply force without further ado.



图 22

10. 虚步掙肘 Carry elbow in empty stance

(1) 接上势。左转体 90° 成马步；左掌变拳，向左屈肘拨挡，拳心向右后方；右拳回抱腰间；目视左拳。(图 22)

(1) Follow the above posture, change the left hand into fist, turn the body 90° to the left into horse-riding stance, change the left palm into fist and bend the left elbow to block aside with the fist-palm right backward, draw back the right fist and hold it on the waist. Eyes look at the left fist. (Figure 22)



图 23

(2) 上动不停。左拳继续向外拨挡回抱腰间；右拳经胸前向右屈肘拨挡，拳心向左后方；目视右拳。(图 23)

(2) Keep the above action, parry the left fist forward continuously, draw it back and hold on the waist, bend the right elbow and parry it rightward through the front of the chest with the fist-palm left backward. Eyes look at the right fist. (Figure 23)



图 24

(3) 上动不停。上右脚变右虚步；右拳继续向外拨挡向后环绕经腰间，屈臂向前、向上抄拳，拳心向后；上体略下蹲前倾；目视右拳。(图 24)

要点：抱臂要拧腰抖肩，动作连贯，发力迅猛。

(3) Keep the above action, the right foot steps forward into right empty stance. Parry outward continuously with the right fist and circle it backward through the waist, bend the arm and uppercut forward ahead with the fist-palm backward, squat and slant the body slightly. Eyes look at the right fist. (Figure 24)

Key points: when holding the arm, twist the waist and snap the shoulders to send strength that shall be swift, the action shall be coherent.



图 25

11. 转身马步架打

Turn body, parry and punch in horse stance

接上势。身体右转 180°, 步随身转, 震右脚, 上左步成马步; 右手抡臂向上架拳; 左拳向左冲击, 与肩同高, 拳心向下; 目视左拳。(图 25)

要点: 震脚有力, 马步稳固, 两手动作配合协调。

Follow the above posture, turn the body 180° to the right, move with body turn and stamp the right foot; the left foot steps forward and left ward into horse stance, keep the right hand holding the arm and parry the fist upward, punch the left fist leftward with the fist-plain down, at shoulder height. Eyes look at the left fist. (Figure 25)

Key points: stamping foot shall be forceful, horse stance shall be steady, the cooperation of the two hands shall be harmonious.



图 26

12. 虚步掳肘 Carry elbow in empty stance

(1) 接上势。身体上提；右拳经胸前向外屈肘拨挡，拳心向左后方；左拳回抱于腰间；马步不变；目视前方。(图 26)

(1) Follow the above posture, raise the body and parry the right fist outward through the front of the chest with the fist-palm left backward, draw back the left fist and hold it on the waist, keep in horse stance. Eyes look forward. (Figure 26)



图 27

(2) 上动不停。右拳继续向后摆动；左拳经胸前向外拨挡，拳心向右后方；马步不变。(图 27)

(2) Keep the above action, swing the right fist backward continuously, parry the left fist outward through the front of the chest with the fist-palm right backward, keep in horse stance. (Figure 27)



图 28

(3) 上动不停。左拳继续向外拨挡，回抱腰间；同时，上右步成右虚步，身体略下蹲；右拳经腰间向前上方抄出，拳心向后；目视右拳。(图 28)

(3) Keep the above action, continuously parry the left fist outward, draw it back and hold on the waist, at the same time, the right foot steps forward into right empty stance, slightly squat the body, lift the right fist upward ahead through the waist with the fist-palm backward. Eyes look at the right fist. (Figure 28)



图 29

13. 弓步撩阴拳

Upper-cut croth in bow stance

(1) 接上势。右脚向左横跨一步成马步；右拳屈肘置于左胸前，拳心向上；目视右方。(图 29)

(1) Follow the above posture, the right foot strides a step leftward into horse stance, bend the right elbow and place the right fist in front of the left chest with the fist-palm up. Eyes look rightward. (Figure 29)



图 30

(2) 上动不停。身体右转成右弓步；右拳经腹前向上、向前撩出，拳心向下，拳眼向左，与肩同平；左拳仍抱于腰间；目视右拳。(图 30)

(2) Keep the above action, turn the body to the right into right bow stance. Uppercut with the right fist upward ahead through the front of the abdomen, keep the fist-palm downward and the fist-hole leftward, at shoulder level. Still hold the left fist on the waist. Eyes look at the right fist. (Figure 30)



图 31

14. 虚步抄拳

Upper-cut with fist in empty stance

接上势。上左脚成左虚步；左拳屈臂向上抄出；右手搭于左前臂上，身体后坐；目视前方。（图 31）

Follow the above posture, The left foot steps forward into left empty stance, bend the arm to uppercut with left fist, place the right hand on the left forearm. Draw the body backward. Eyes look forward. (Figure 31)



图 32

15. 马步劈砸

Hack and pound in horse stance

(1) 接上势。起身，左脚外摆踏实；右手变拳向后摆动；左拳变掌向上摆架。(图 32)

(1) Follow the above posture, swing the left foot outward and steps firmly, raise the body, change the right hand into fist and swing the fist backward, change the left fist into palm, swing and parry it upward. (Figure 32)



图 33

(2) 上动不停。上右脚成马步；同时，右拳从后向前扬起，屈臂向下砸；同时，左手变掌外翻，与右臂相击；目视右拳。(图 33)

(2) Keep the above action, the right foot steps forward into horse stance, at the same time, swing the right fist backward to forward, bend the arm and pound it downward. At the same time, change the left hand into palm and turn it outward to counterpunch the right arm. Eyes look at the right fist. (Figure 33)



图 34

16. 翻身弓步双推掌

Turn over, push palms in bow stance

(1) 接上势。双脚蹬地腾空跳换步；双掌同时从胸前自左向右搂拨。(图 34)

(1) Follow the above posture, the feet jump up from the ground, at the same time grab the two palms left to right from the front of the chest. (Figure 34)



图 35

(2) 上动不停。右腿落地；左掌搂于左前方，右手置于身后；目视左前方。(图 35)

(2) Keep the above action, the right leg lands to the ground, grab the left palm leftward ahead and place the right hand behind the body. Eyes look leftward ahead. (Figure 35)



图 36

(3) 上动不停。两手抱臂收于腰间；同时，左脚落地成马步；目视左方。(图 36)。

(3) Keep the above action, bend both arms to draw hands back on the waist. At the same time, the left foot lands to the ground into horse stance. Eyes look leftward. (Figure 36)



图 37

(4) 上动不停。重心前移成左弓步；双掌向前推出，臂与肩平，两掌心向前，掌指向上；目视前方。(图 37)

(4) Keep the above action, shift the barycenter forward into left bow stance, push forward with the two palms, keep the arm at shoulder level, the two palms forward and the fingers up. Eyes look forward. (Figure 37)



图 38

第二段 Section Two

17. 弹腿横推掌

Snap kick and push transverse palm

(1) 接上势。左掌回收附于右上臂上方，掌心向下；右手外抓变拳，拳心向上；左弓步不变；目视右拳。(图 38)

(1) Follow the above posture, draw back the left palm and keep it close to the right upper arm with the palm downward. Clench the right hand outward into fist with the fist-palm up, keep in left bow stance. Eyes look at the right fist. (Figure 38)



图 39

(2) 上动不停。右拳收于腰间；同时，弹踢右腿；横推左掌，掌心斜向下，掌指向右，与肩同高；目视左掌。(图 39)

(2) Keep the above action, draw back the right fist on the waist. At the same time, kick with the right foot, horizontally push the left palm, keep the palm downward aslant and the fingers rightward, at shoulder height. Eyes look at the left palm. (Figure 39)



图 40

18. 后踹腿 Backward heel kick

(1) 接上势。右腿屈膝收回；右拳与左掌在胸前相击；目视前下方。(图 40)

(1) Follow the above posture, bend the right knee to draw back the right leg, striking the right fist to the left palm in front of the chest. Eyes look downward ahead. (Figure 40)



图 41

(2) 上动不停。身体右转 90° ，右腿向右后方踢腿，高过头顶；左手抓右拳抱于腹部；目视右脚。(图 41)

要点：转身要轻灵，踢腿要有力，连贯协调。

(2) Keep the above action, turn the body 90° to the right, kick the right leg right backward, higher than the head top. The left hand grabs the right fist and hold together in front of the abdomen. Eyes look at the right foot. (Figure 41)

Key points: turning the body shall be agile; kicking shall be forceful, coherent and harmony.



图 42

19. 搂手弓步冲拳

Brush hand and thrust fist in bow stance

接上势。向右落右脚成右弓步，同时，身体右转90°；右手外搂变拳收回腰间；左拳向前冲出，拳心向下，拳眼向右，与肩同高；目视前方。（图42）

Follow the above posture, the right foot falls rightward into right bow stance. At the same time, turn the body 90° to the right, grab the right hand outward and change it into fist, draw the fist back on the waist, punch the left fist forward, keep the fist-plain down and the fist-hole rightward, at shoulder height. Eyes look forward. (Figure 42)



图 43

20. 马步劈砸

Hack and pound in horse stance

接上势。身体左转成马步；左拳变掌，向上、向外绕环；右拳抡臂下砸，左掌与右臂相击；目视右拳。（图 43）

要点：劈砸要速猛，以肩带臂发力。

Follow the above posture, turn the body to the left into horse-riding step, change the left fist into palm and swing it upward and outward, hold the right fist on the arm and pounding it downward, strike the left palm to the right arm. Eyes look at the right fist. (Figure 43)

Key points: hacking and pounding shall be swift, the shoulders bring the arms to send strength.



图 44

21. 震脚弹腿冲拳

Stamp foot, snap kick and thrust fist

(1) 接上势。身体左转 90°；左掌外搂变拳；右拳抱于腰间；同时，上右脚，并步震脚。(图 44)

(1) Follow the above posture, turn the body 90° to the left, grab the left palm outward into fist, hold the right fist on the waist, at the same time, the right foot steps forward, put the feet together and stamp with the right foot. (Figure 44)



图 45

(2) 上动不停。左拳收回腰间；右拳向前冲出；同时，向前弹踢左腿。(图 45)

要点，震脚明显而有力，两脚并齐，各动作要协调连贯。

(2) Keep the above action, draw back the left fist and hold it on the waist, punch the right fist forward. At the same time, kick the left foot forward. (Figure 45)

Key points: stamp the foot apparently and forcefully, put the feet together, every action shall be harmony and coherent.



图 46

22. 马步架打

Parry and punch in horse stance

接上势。落左脚成马步；右手抡臂架拳于头顶右上方；左拳冲出，拳心向下，与肩同高；目视左方。（图 46）

Follow the above posture, the left foot falls into horse-riding stance, the right hand hold the arm and parry the fist right upward above the head, punch the left fist with the fist-palm down, at shoulder level. Eyes look leftward. (Figure 46)



图 47

23. 弓步架打

Parry and punch in bow stance

(1) 接上势。左拳屈臂下压，拳心向上；右拳收于腰间；目视左拳。(图 47)

(1) Follow the above posture, bend the left fist and press it downward with the fist-palm up, draw back the right fist on the waist. Eyes look at the left fist. (Figure 47)



图 48

(2) 上动不停。身体左转 90° 成左弓步；同时，左拳上架于头上方；右拳前冲，与肩同平，拳心向下；目视前方。(图 48)

(2) Keep the above action, turn the body 90° to the left into left bow stance. At the same time, lift the left fist above the head, punch the right fist forward, at shoulder level with the fist-palm down. Eyes look forward. (Figure 48)



图 49

24. 冲天炮 Sky cannon

接上势。右拳外翻，屈臂下挂，向前上方冲出，随即收回；左拳上架姿势不变；目视前方。（图 49）

要点：右拳冲出与收回要有反弹力，速猛连贯完成。

Follow the above posture, turn the right fist outward and bend the arm to hang the fist downward, punch it upward ahead, then draw it back. Keep the posture of lifting up the left fist. Eyes look forward. (Figure 49)

Key points: punching the right fist and drawing it back shall be done through rebounding force, and completed swiftly and coherently.



图 50

25. 糊眼窝心肘

Elbow toward the heart for guarding the eyes

(1) 接上势。提右腿，重心移于左腿；右拳回收腰间；同时，左拳变掌，经右臂外侧向左前方推出；目视左掌。(图 50，图 50 附图)



图 50 附图

(1) Follow the above posture, raise the right leg and move the barycenter onto the left one; draw back the right fist back on the waist, at the same time, change the left fist into palm, and push it leftward ahead through the outer side of the right arm. Eyes look at the left palm. (Figure 50, Attached figure 50)



图 51

(2) 上动不停。落右脚成马步；右臂屈肘横击；左手击拍右臂；目视前方。(图 51, 图 51 附图)

要点：横击要控腰抖肩，发力迅猛，动作连贯，协调一致。



图 51 附图

(2) Keep the above action, the right foot lands into horse stance, bend the right elbow to horizontally punch, the left hand strikes on the right arm. Eyes look forward. (Figure 51, Attached figure 51)

Key points: Horizontal punch shall control the waist and snap the shoulder, release force swiftly, the action shall be coherent and consistent.



图 52

26. 挑打插捶

Pick strike and insert hammer

(1) 接上势。抬左脚，右脚蹬地跳起，左脚落地，右脚提膝；右拳屈臂上挑；左手迎击右臂。(图 52、图 52 附图)



图 52 附图

(1) Follow the above posture, raise the left foot, the right one jumps up from the ground while the left one lands to the ground, raise the right knee. Bend the right arm and thrust the right fist upward, the left hand counter-punches the right arm. (Figure 52, Attached figure 52)



图 53

(2) 上动不停。落右脚成右虚步，身体下蹲，微斜于左侧；右拳向前插击；左掌迎击右拳面；目视前方。(图 53、图 53 附图)



图 53 附图

(2) Keep the above action, the right foot lands into right empty stance, the body squats and slightly slants at the left side. Insert the right fist to pound forward, the left palm counterpunches the right fist-place. Eyes look forward. (Figure 53, Attached figure 53)



图 54

27. 翻身弓步双推掌

Turn over, push palms in bow stance

(1) 接上势。双脚腾空；双手同时自左向右搂拨。(图 54)

(1) Follow the above posture, the feet jump up, at the same time, grab the hands leftward to rightward. (Figure 54)



图 55

(2) 上动不停。右脚落地；左手搂拨于左前方；右手摆于身后。(图 55)

(2) Keep the above action, the right foot lands to the ground, grab the left hand left forward, swing the right hand behind the body. (Figure 55)



图 56

(3) 上动不停。左脚落地成马步；双手变掌，收于腰间；目视左方。(图 56)

(3) Keep the above action, the left foot lands into horse stance. Change the two hands into palms and draw them back on the waist. Eyes look leftward. (Figure 56)



图 57

(4) 上动不停。身体左转 90°成左弓步；双掌向前推出，掌心向前，掌指向上；目视前方。(图 57)

要点：跳换步要轻灵，腾空要高，推掌要力达掌根。

(4) Keep the above action, turn the body 90° to the left into left bow stance, push the two palms forward, keep the palm forward and the fingers upward. Eyes look forward. (Figure 57)

Key points: jumping to change the step shall be agile, jumping up shall be high, and the strength for pushing the palms shall reach the palm-base.



图 58

第三段 Section Three

28. 弹腿横推掌

Snap kick and push transverse palm

(1) 接上势。左掌收于右臂肘窝处，右手外抓变拳，拳心向上；左弓步不变。(图 58)

(1) Follow the above posture, draw back the left palm to the right cubital fossa, clench the right hand outward into fist with the fist-palm up. Keep in the left bow stance (Figure 58)



图 59

(2) 上动不停。右拳回抱于腰间；同时，向前弹踢右腿；横推左掌，掌心向下，掌指向右；目视左掌。(图 59)

(2) Keep the above action, draw back the right fist and hold it on the waist. At the same time, kick the right leg forward and horizontally push the left palm, keep the palm downward and the fingers rightward. Eyes look at the left palm. (Figure 59)



图 60

29. 弓步一拳 Punch in bow stance

接上势。落右脚成右弓步；左掌变拳收回腰间；右拳前冲，与肩同高，拳心向下，拳眼向左；目视前方。（图 60）

Follow the above posture, the right foot falls into right bow step, draw back the left palm on the waist and change it into fist, punch the right fist forward, at shoulder level, keep the fist-palm down and the fist-hole leftward. Eyes look forward. (Figure 60)



图 61

30. 震脚上步一掌

Stamp foot, step forward and push palm

接上势。震右脚；上左步成左弓步；右拳拉回腰间；同时，左拳变掌前推，掌心向前，掌指向上；目视前方。（图 61）

Follow the above posture, stamp the right foot, the left foot steps forward into left bow stance, draw back the right fist on the waist. At the same time, push the left fist into palm forward, keep the palm forward and the fingers upward. Eyes look forward. (Figure 61)



图 62

31. 抡臂仆步砸

Swing arms, pound in crouch stance

(1) 接上势。起身；左掌变拳，左拳向后；右拳向前摆动。(图 62)

(1) Follow the above posture, raise the body, change the left palm into fist, swing the left fist backward and the right one forward. (Figure 62)



图 63

(2) 上动不停。身体右转 180° ；两手继续抡臂绕环。(图 63)

(2) Keep the above action, turn the body 180° to the right, continuously swing the arms to circle the two hands. (Figure 63)



图 64

(3) 上动不停。身体下蹲，落为右仆步；右拳向右脚方向下砸；左拳向后摆至头部左上方；目视右拳。(图 64)

要点：抡臂要迅猛，下砸要有力，协调连贯。

(3) Keep the above action, squat the body, lower the right leg into right crouch stance; the right fist pounds towards the right foot, swing the left one backward and lift it above the left part of the head. Eyes look at the right fist. (Figure 64)

Key points: swinging the arms together shall be swift, pounding downward shall be forceful, coherent and consistent.



图 65

32. 苏秦背剑

Su Qin carries the sword behind his body

(1) 接上势。起身，身体右转 90°成右弓步；两拳变掌向前探出，掌心向下，掌指向前；目视前方。(图 65)

(1) Follow the above posture, raise the body, turn the body 90° to the right into right bow stance, change the two fist into palms and stretch them forward, keep the palm downward and the fingers forward. Eyes look forward. (Figure 65)



图 66

(2) 上动不停。右掌屈肘挑掌立于胸前，掌心向左，掌指向上；同时，右脚收回成右虚步；左手后摆成钩手；目视前方。(图 66)

(2) Keep the above action, bend the right elbow and lift the palm to stand it in front of the chest, keep the palm leftward and the fingers up. At the same time, draw back the right foot into right empty stance, swing the left hand backward into hook hand. Eyes look forward. (Figure 66)



图 67

33. 快马加鞭 Whip the rapid horse

接上势。右腿屈膝上提成左独立势；右掌变拳，向右方下截，臂微屈；左钩手置于身后不动；目视右拳。（图 67）

Follow the above posture, bend the right knee and raise it into single-leg stance; change the right palm into fist and punch the fist right downward slightly, keep the left hook hand static at the back of the body. Eyes look at the right fist. (Figure 67)



图 68

34. 仆步劈掌

Hack with palm in crouch stance

(1) 接上势。左脚蹬地跳起，同时身体右转180°；双臂扬起。(图68)

(1) Follow the above posture, the left foot jumps up from the ground, at the same time, twist the waist and turn the body 180° to the right. Lift the two hands. (Figure 68)



图 69

(2) 上动不停。双脚落地成右仆步；双掌在胸前交叉下劈，左掌在内，右掌在外；目视右掌。(图 69、图 69 附图)



图 69 附图

(2) Keep the above action, the feet land to the ground into right crouch stance; cross the two palms in front of the chest and hack them downward. Keep the left palm inside and the right one outside. Eyes look at the right palm. (Figure 69, Attached figure 69)



图 70

35. 分掌踹腿

Separate palms and kick with heel

(1) 接上势。起身，右脚后插；两掌绕环交叉于胸前；目视左方。(图 70、图 70 附图)



图 70 附图

(1) Follow the above posture, raise the body to insert the right foot, circle the two palms in front of the chest. Eyes look leftward. (Figure 70, Attached figure 70)



图 71

(2) 上动不停。左脚向左上方踢出；同时，两掌从胸前呈水平向两侧推出，掌心向外；目视左脚。(图 71)

(2) Keep the above action, kick upward right with the left foot left, at the same time, horizontally push the two palms to both sides of the body through the front of the chest with the palms outward. Eyes look at the left foot. (Figure 71)



图 72

36. 搂手弓步冲拳

Brush hand and thrust fist in bow stance

接上势。落左脚成左弓步；左手外搂变拳，收于腰间；右拳向前冲出，拳心向下，拳眼向左，与肩同高；目视右拳。（图 72）

Follow the above posture, the left foot falls into left bow stance; grab the left hand outward into fist and draw it back on the waist, punch the right fist forward, keep the fist-palm down and the fist-hole leftward, at shoulder level. Eyes look at the right fist. (Figure 72)



图 73

37. 撩阴脚 Uppercut croth with foot

接上势。右拳回抱于腰间，两拳心向上；右脚向前、向上弹踢；目视右脚尖。（图 73）

要点：脚面绷直，力达脚尖。

Follow the above posture, draw back the right fist and hold it on the waist, keep the fist-palms of the two fists up, kick forward and upward with the right foot. Eyes look at the right tiptoe. (Figure 73)

Key points: stretch the instep straight with the strength reaching the tiptoe.



图 74

38. 双手甩镖 Two hands throw darts

(1) 接上势。落右脚，身体右转成交叉步，两腿微屈；双手下插，掌心向内；目视前方。(图 74)

(1) Follow the above posture, the right foot lands, turn the body to the right into cross stance, slightly bend the two legs. Punch the two hands downward with the palm inward. Eyes look forward. (Figure 74)



图 75

(2) 上动不停。两腿直立；双手经胸前向两侧甩出，与肩同高，掌心向上，掌指向外；目视左掌。(图 75)

(2) Keep the above action, the two legs stand upright, throw the two hands to both sides of the body through the front of the chest, at shoulder level, keep the palm up and the fingers outward. Eyes look at the left palm. (Figure 75)



图 76

39. 二起脚 Jumping kick twice

(1) 接上势。身体左转；左手经右臂外侧向前穿掌；右手回收置于左腋下。(图 76)

(1) Follow the above posture, turn the body to the left, thread the left palm forward through the outer side of the right arm, place the right hand under the right axilla. (Figure 76)



图 77

(2) 上动不停。抬左脚，右脚蹬地腾空向前、向上踢起；左掌变钩手向后摆动；右掌拍击右脚面；目视右脚。(图 77)

(2) Keep the above action, raise the left foot, the right one jumps from the ground and kicks upward ahead, change the left hand into hook hand and swing it backward, the right palm slaps the right instep. Eyes look at the right foot. (Figure 77)



图 78

40. 独立锁喉

Lock throat in single-leg stance

(1) 接上势。双脚下落成马步；左钩手变掌双掌划弧交叉置于胸前，左手在外，右手在内；目视右手。(图 78)

(1) Follow the above posture, fall the twice raising foot into horse stance, change the left hook-hand into palm swing the two palms to draw a circle and cross them in front of the chest, keep the left hand outside and the right one inside. Eyes look at the right hand. (Figure 78)



图 79

(2) 上动不停。左脚提膝，成右独立势；右手经左臂内侧向右上探出锁喉；左掌变拳抱于腰间；目视右手。(图 79)

(2) Keep the above action, raise the left knee into single-leg stance, stretch the right hand rightward and upward through the inner side of the left arm to lock the throat, change the left palm into fist and hold it on the waist. Eyes look at the right hand. (Figure 79)



图 80

41. 仆步穿掌 Thread palm in crouch stance

接上势。屈膝下蹲，左脚向左铲步平仆成左仆步；同时，右手变钩手臂伸直；左拳变掌向左脚方向穿掌；目视左掌。（图 80）

Follow the above posture, bend the knees to squat the body, shovel leftward with the outer edge of the left foot into left crouch stance. At the same time, change the right hand into hook hand with the arm straight, change the left fist into palm out towards the left foot. Eyes look at the left palm. (Figure 80)



图 81

42. 搂手弓步冲拳

Brush hand and thrust fist in bow stance

接上势。上右腿，身体左转 180°成左弓步；同时，左手向前、向外搂抓变拳收于腰间；右手变拳，经腰间向右侧冲出；目视右拳。（图 81、图 81 附图）



图 81 附图

Follow the above posture, the right foot steps forward, turn the body 180° to the left into left bow stance. At the same time, grab the left hand outward ahead. Change the right hand into fist and punch it to the right side of the body through the waist. Eyes look at the right fist. (Figure 81, Attached figure 81)



图 82

第四段 Section Four

43. 左擒右蹬踢 Left capture and right stamp

(1) 接上势。双手变掌，在胸前交叉，左手在内，右手在外，右掌从左臂上回拉至体后；插左步成交叉步；左掌向前横推，掌指向右；目视左掌。(图 82、图 82 附图)



图 82 附图

(1) Follow the above posture, change the two hands into palms and cross them in front of the chest with the left palm inside and the right one outside, draw back the right palm behind the body from the right arm, insert the left foot into cross stance, horizontally push the left palm forward with the fingers rightward. Eyes look at the left palm. (Figure 82, Attached figure 82)



图 83

(2) 上动不停。撤右脚成左弓步；同时，左掌变拳收于腰间；右掌向前、向下横击，掌指斜向下；目视右掌。(图 83、图 83 附图)



图 83 附图

(2) Keep the above action, the right foot steps backward into left bow stance. At the same time, change the left palm into fist and draw it back to the waist, horizontally punch the right palm downward ahead with the fingers downward aslant. Eyes look at the right palm. (Figure 83, Attached figure 83)



图 84

44. 接手弓步冲拳

Brush hand and thrust fist in bow stance

接上势。身体右转 90°成右弓步；同时，右手外搂变拳收于腰间；左拳向前冲出，高与肩平，拳心向下，拳眼向右；目视前方。（图 84）

Follow the above posture, turn the body 90° to the right into right bow step. At the same time, grab the right hand outward into fist and draw it back on the waist, punch the left fist forward, at shoulder level, keep the fist -palm downward and the palm hole rightward. Eyes look forward. (Figure 84)



图 85

45. 马步劈砸

Hack and pound in horse stance

接上势。身体左转 90°成马步；同时，左拳回收抡臂下砸；左拳变掌与右臂相击；目视左掌。（图 85）

Follow the above posture, turn the body 90° to the left into horse stance. At the same time, draw back the left fist, change the right hand into fist and swing the arm to pound downward, change the left fist into palm and counterpunch the right arm. Eyes look at the left palm. (Figure 85)



图 86

46. 摇身观阵 Sway body to witness a battle

(1) 接上势。两臂微屈，左掌变拳在胸前向里抱臂摇格；右拳后摆；马步不变。(图 86)

(1) Follow the above posture, slightly bend the two arms, change the left palm into fist holds the arm inward in front of the chest, swing and parry with the left fist, swinging the right fist backward. Keep in horse stance. (Figure 86)



图 87

(2) 上动不停。右臂在胸前继续抡格，左拳后摆；马步不变。(图 87)

(2) Keep the above action, swing to parry with the right arm continuously, swing the left fist backward. Keep in horse stance. (Figure 87)



图 88

(3) 上动不停。收右脚成右虚步；同时，左拳摆架于头左上方，拳心向右；右拳摆置于右后侧；目视右前方。（图 88、图 88 附图）

要点：动作连贯，流畅。



图 88 附图

(3) Keep the above action, draw back the right foot into right empty stance. At the same time, swing and lift the left fist above the left part of the head with the fist-centre rightward, swing and place the right fist at the right side behind the body. Eyes look rightward ahead. (Figure 88, Attached figure 88)

Key points: the action shall be coherent and fluent.



图 89

47. 旋风脚 Whirlwind foot

(1) 接上势。向右上步成马步；左拳向下，右拳向上摆动；目视左手。(图 89、图 89 附图)



图 89 附图

(1) Follow the above posture, the right foot steps rightward into horse stance, swing the left fist downward and the right one upward. Eyes look at the left hand. (Figure 89, Attached figure 89)



图 90

(2) 上动不停。左拧身腾空翻转 360° 做旋风脚；左手空中击响右脚内侧；目视右脚。(图 90)

要点：转身里合腿要连贯迅捷，腾空要高，拍击力要点准确，声音要清脆。

(2) Keep the above action, twist the body, jump up and turn over 360° into whirlwind foot, the left hand lap the inner side of the right foot in the air with sound. Eyes look at the right foot. (Figure 90)

Key points: swinging the leg inward with body turn shall be coherent and quick; jump high; the point of clapping force shall be accurate and the sound shall be clear.



图 91

48. 马步架打

Parry and punch in horse stance

接上势。双脚落地成马步；同时，左掌向左抡架于头顶上方；右拳向右冲出，拳心向下，拳眼向右，高与肩平；目视右方。（图 91）。

Follow the above posture, the feet falls to the ground into horse stance. At the same time, swing the left palm above the headtop, punch the right fist rightward, keep the fist-palm downward and the fist-hole rightward, at shoulder level. Eyes look rightward. (Figure 91)



图 92

49. 猛虎出洞

Fierce tiger comes out of the cave

(1) 接上势。收右脚，并步震脚，身体右转 180° ，上左脚成马步；同时，左掌为拳，双拳回收于腰间；上体前倾；目视右前方。(图 92)

(1) Follow the above posture, draw back the right foot to put the feet together, stamp the right foot, turn the body 180° to the right, the left foot steps forward into horse stance. At the same time, change the left palm into fist, swing the two fists on the waist. Slightly slant the body forward. Eyes look rightward ahead. (Figure 92)



图 93

(2) 上动不停。右脚提起扣于左膝后侧，上身前伸；双拳拳心相对，向前上方冲出；目视右前方。(图 93)

(2) Keep the above action, raise the right foot and turn it inward onto the backside of the left knee, the upper body stretch forward. Punch the two fists upward ahead with the fist-palms opposite. Eyes look rightward ahead. (Figure 93)



图 94

50. 虚步亮掌 Flash palm in empty stance

(1) 接上势。落右步，上体直立；双手变掌，右掌屈臂回抱；左掌经右臂内侧向前穿掌；目视左手。(图 94)

(1) Follow the above posture, the right foot lands, the body stands upright, change the two hands into palms and bend the arms to draw them back, thread the left palm forward through the inner side of the right arm. Eyes look at the left hand. (Figure 94)



图 95

(2) 上动不停。左脚提膝扣于右膝后侧；左掌摆架于头上方；右掌向右后方摆动；目视右手。(图 95)

(2) Keep the above action, raise the left knee and turn the left foot inward to the backside of the right knee, swing and parry the left palm above the head and the right one right backward. Eyes look at the right hand. (Figure 95)



图 96

(3) 上动不停。落左脚成虚步；同时，左掌采抓成钩，摆置于后方，钩尖向上；右手摆架于头上方，手心向上，手指向左；目视左前方。(图 96)

(3) Keep the above action, the left foot falls into empty stance. At the same time, grab the left palm into hook hand, swing and place it backside with the hook-tip up and the right one above the head, keep the hand-palm up and the fingers leftward. Eyes look leftward ahead. (Figure 96)



图 97

51. 上步一掌 Step forward and push palm

(1) 接上势。左脚向左横跨一步，成左马步；右掌下落收至胸前下按；左掌前摆于腰间，掌心向上；目视右掌。(图 97)

(1) Follow the above posture, the left foot strides a step leftward into left horse stance, the right palm falls; draw the right palm back to the front of the chest and press it downward, swing the left palm forward to the waist with the palm up. Eyes look at the right palm. (Figure 97)



图 98

(2) 上动不停。身体左转成左弓步，左掌从右臂内侧旋转翻腕，然后向前推出，掌心向前，掌指向上；右掌收回腰间；目视前方。(图 98)

(2) Keep the above action, turn the body 90° to left into bow stance, rotate the left palm and turn over the wrist from the inner side of the right arm, and then push it forward, keep the palm forward and the fingers upward; draw back the right palm to the waist, Eyes look forward. (Figure 98)



图 99

52. 虚步穿喉掌

Thread palm in empty stance

接上势。上右步成右虚步；左掌屈臂回收；右掌经左掌上向前穿出，掌心向上，掌指向前；目视前方。（图 99）

要点：推掌要抖肩发力，与虚步要连贯协调完成。

Follow the above posture, the right foot steps forward into right empty stance, bend the left arm to draw back the left palm, thread the right palm forward through above the left palm, keep the palm up and the fingers forward. Eyes look forward. (Figure 99)

Key points: when pushing the palm, snap the shoulders to send strength, which shall be completed coherently and in harmony with changing into empty stance.



图 100

53. 二起脚 Jumping kick twice

接上势。左掌变钩手平摆；左脚蹬地起跳，右腿屈膝向前、向上弹踢；右掌拍打右脚面；目视右脚。（图 100）

Follow the above posture, change the left palm into hook hand and horizontally swing it, jump up by the left leg, lift the right leg and kick it upward ahead, the right palm slaps the right instep. Eyes look at the right foot. (Figure 100)



图 101

54. 虚步打虎 Beat tiger in empty stance

(1) 接上势。身体左转 90° 后下蹲，左脚落地，右脚并步震脚；左钩手变拳屈臂摆于头顶左上方，拳心向右；右掌变拳随即收回腰间；目视右方。(图 101)

(1) Follow the above posture, turn the body 90° to the left, and then squat the body, the left foot lands to the ground, put the right one together with it and stamp the right foot; bend the left arm and swing change the left hook-hand into fist above the left part of the head, keep the fist-palm rightward, then draw back change the right palm into fist and hold it on the waist. Eyes look rightward. (Figure 101)



图 102

(2) 上动不停。上左步，脚尖点地成左虚步；左拳收回腰间；右拳上架于头顶右上方，拳心向前上方，拳眼向左；目视左前方。(图 102)

Keep the above action, the left foot steps forward with toes on ground into left empty stance, draw the left fist back and hold it on the waist, lift the right fist above the right part of the head, keep the fist-up up ahead and the fist-hole leftward. Eyes look leftward ahead. (Figure 102)



图 103

55. 收势 Closing form

(1) 接上势。收左脚，并步站立；同时，右拳收于腰际；目视前方。(图 103)

(1) Follow the above posture, draw back the left foot, put the feet together and stands upright. At the same time, draw back the right fist and hold it on the waist. Eyes look forward. (Figure 103)



图 104

(2) 上动不停。两手同时自然下垂至身体两侧，成立正势；目视前方。(图 104)

要点：平心静气，体态自然，精神内敛。

Keep the above action, the two hands simultaneously drop at both sides of the body, stand at attention. Eyes look forward, (Figure 104)

Key points: be calm in natural posture, collect the vital energy inward.

全套动作演示图

Demonstration of All the Actions



图 1



图 2



图 3



图 4



图 5



图 6



图 7



图 8



图 9



图 10



图 11

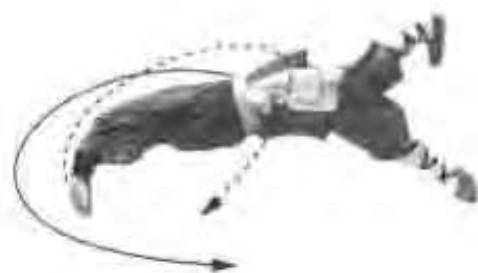


图 12



图 13



图 14



图 15



图 16



图 17



图 18



图 19



图 20



图 21



图 22



图 23



图 24



图 25



图 26



图 27



图 28



图 29



图 30



图 31



图 32

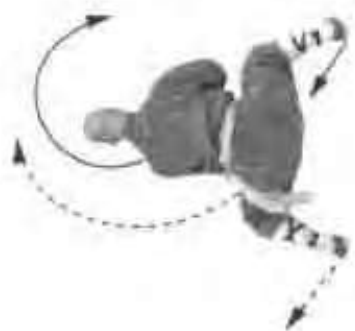


图 33



图 34



图 35



图 36



图 37



图 38



图 39



图 40



图 41



图 42



图 43



图 44



图 45



图 46



图 47



图 48



图 49



图 50 附图



图 51



图 51 附图



图 52



图 52 附图



图 53



图 53 附图



图 54



图 55



图 56



图 57



图 58



图 59



图 60



图 61

图 62



图 63



图 64



图 65



图 66



图 67



图 68



图 69



图 69 附图



图 70



图 70 附图



图 71



图 72



图 73



图 74



图 75



图 76



图 77



图 78



图 79



图 80



图 81



图 81 附图



图 82



图 82 附图



图 83



图 83 附图



图 84



图 85



图 86



图 87



图 88



图 88 附图



图 89



图 89 附图



图 90



图 91



图 92



图 93



图 94



图 95



图 96



图 97



图 98



图 99



图 100



图 101



图 102



图 103



图 104